

## Taking the Mercury Risk Evaluation

Read each of the Mercury Risk Factors and check the appropriate box next to the risk factor that applies to you.

For example in the first risk factor listed, if you have between five and eight mercury fillings you would select the **5-8** box.

<b>1</b>	Number of amalgam fillings.	1-4	5-8	<input checked="" type="checkbox"/>	8 or more	
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Or, for risk factor #4, if you grind your teeth frequently you would check the box to the right of the high risk category.

<b>4</b>	Do you grind your teeth?	No	Sometimes	Frequently	<input checked="" type="checkbox"/>
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	<b>Mercury Risk Factors</b>	<b>Low</b>	<b>Medium</b>	<b>High</b>
1	Number of amalgam fillings.	1-4	5-8	8 or more
2	Number of years you've had amalgam fillings.	0-5	6-10	10 or more
3	Do you have both gold and amalgam fillings?	No		Yes
4	Do you grind your teeth?	No	Sometimes	Frequently
5	Do you clench your teeth?	No	Sometimes	Frequently
6	Did your mother have amalgams when you were conceived?	No		Yes
7	Did you receive childhood vaccinations?	No	Some	All
8	How many times per week do you eat fish?	1 or less	2	More
9	Do you chew gum?	No		Yes
10	Do you have plant and/or food allergies?	No		Yes
11	Number of times you brush your teeth per day	2 or less	3	More
12	How long do you brush your teeth?	More than 2 Minutes	1 -2 Minutes	Less than 1 minute
13	Do you use an electric tooth brush?	No	Sometimes	Frequently
14	Number of meals you eat per day.	1-2	3	More
15	Number of times you snack between meals, per day?	1 or less	2	More
16	How many hot liquids do you drink per day?	2 or less	3-4	More
17	How many times per day do you eat abrasive foods, such as seeds or nuts?	1 or less	2	More
18	How many soft drinks and/or juices do you drink daily?	2 or less	3-4	More
19	Number of hot baths or saunas do you take per week	1 or less	3	More
20	Do you smoke?	No	Sometimes	Frequently

### Determining Your Mercury Risk Factor

Generally speaking, the columns (Low, Medium, or High) with the largest number of checks will determine your risk factor. The following examples show the result of three different evaluations with the correlated Mercury Risk Evaluation in **bold**.

#### Example One: Low Risk Category

Total Number of Checked Boxes Per Risk Category	Low	<b>18</b>	Medium	3	High	1
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#### Example Two: Medium Risk Category

Total Number of Checked Boxes Per Risk Category	Low	4	Medium	<b>12</b>	High	6
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### Example Three: High Risk Category

Total Number of Checked Boxes Per Risk Category	Low	4	Medium	3	High	15
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Each category also has a high and low end. In the following example, this person would seem to fit into the Low Risk category. But a further evaluation would put that person in the high end of the low risk group.

Total Number of Checked Boxes Per Risk Category	Low	11	Medium	8	High	3
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### Weighted Factors

The mercury risk factors are weighted in order of risk, from 1 to 24, but this evaluation is subjective and not scientifically exact. Very few people will have checked all the boxes in one category and not have any in the other two. Keep in mind that this evaluation is only meant to give you a general indication of your mercury risk.

### General Comments on the Risk Categories

#### Low Risk Category

If you are in the low risk category, be aware that everyone in the medium and high risk categories started in the low risk group. Those in this category haven't yet have experienced that many symptoms related to chronic mercury poisoning. But as long as amalgam fillings remain in your teeth, your immune system will be under more and more stress and you'll never really be able to achieve optimal health. Over the years, the amount of mercury your fillings release will continue to accumulate and this could eventually contribute to the related symptoms and illnesses found in the higher risk categories.

If you find yourself in this category, your body's burden of mercury will increase more slowly than if you were in the other two. This means that the few mercury-related symptoms you may now be experiencing won't be an accurate predictor of the effect that mercury will have on you in later life. The rate that mercury accumulates is relative but it does accumulate.

#### Moderate Risk Category

If you're in this group and you haven't had your fillings removed, you should have a pretty good idea of the direction you're going. For example, if you're under 40 and are already at the middle to high end of the moderate risk group, there's a strong probability you'll eventually develop more and more serious mercury-related symptoms and diseases. Why? Because you have many years left to accumulate mercury and it's even more important for you to take the steps to have these fillings removed and start a mercury detoxification program as soon as possible.

#### High Risk Category

The majority of those in this category will have numerous symptoms and health issues related to advanced chronic mercury poisoning. High risk also suggests that their immune system is over stressed and will have a more serious deficiency in glutathione (GSH). If you fall into this group you'll have, or may soon develop, one or more of the diseases directly or indirectly associated with chronic mercury poisoning or health issues related to neurological problems.

The effects of chronic mercury poisoning are potentially life threatening for those in this category. Based on my professional experience, anyone in this group would be well advised to immediately take the necessary steps to have their mercury fillings safely removed and participate in a mercury detoxification protocol.